

Are You Up To The Challenge?

The Nebraska Office of Women's & Men's Health is.

Join Us In Celebrating National Women's & Men's Health Month!

As we join together to celebrate National Women's & Men's Health Month, we:

- **Raise awareness of women's & men's health in your organization, congregation, and community**
- **Bring members of your organization/congregation together**
- **Involve your community**
- **Provide you and your community with FREE educational materials**

Why Celebrate?:

To encourage Nebraska women and men to visit their healthcare provider and learn about life saving healthcare screenings that can reduce their risk of breast, cervical and colon cancers, heart disease, diabetes and stroke, and to celebrate those who've made and continue to make healthy lifestyle choices.

How Can You Join In?:

During the months of May and June 2010 we encourage you to organize or participate in a health event in your community. Integrate healthy messages into your activities.

Do what you do best! Spread the word and help others put their health first!

Celebrate anytime during May and June. Suggested materials include flyers, greeting cards, certificates, activity ideas, bulletin announcements, walking materials, etc. All materials can be downloaded at:
www.dhhs.ne.gov/HealthMonth.htm. Let us know when you plan to celebrate.



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25-53-00



Thank you in advance for joining us as we celebrate National Women's and Men's Health Month!